



The Green Thumb

A Newsletter of Extension Horticultural Activities and Events
For York County Extension Volunteers

Vol. 4, Issue 11
November 1, 2003

Calendar of Events

Dec. 3, 9:30-12noon	Using Resources in the Office, Extension Office, registration required
Dec. 5	Yorktown Christmas Tree Lighting & Boat Parade
Dec. 6, 10am-6pm	Christmas Homes Tour
Dec. 9, 9:30am-12:30	Christmas Meeting and Holiday Celebration, St. Luke's fellowship hall
Dec. 24-25	Christmas Holiday, Extension office closed
Dec. 31-Jan. 1	New Year's Holiday Extension office closed
Jan. 13, 9:30am	Programming Meeting, St. Luke's
Jan. 16-18	VA Flower & Garden Show, VA Beach Pavilion
Saturdays in Feb.	Pruning Clinics
Mar. 6, 8:15-3:00pm	Horticultural Extravaganza, St. Luke's Methodist Church

Thursdays Work/Learn Day in the Learning Garden 9:30 – 11:30 a.m.

For additions/corrections to the Calendar of Events contact Jody at 890-4940 or Wanda Turner at 898-0653, e-mail: wgt00@cox.net. The deadline for the Green Thumb is ALWAYS the 15th of the month, no exception.

E-mail changes: If you have changes to any of the methods of communication to you please notify Jody. Jody will pass the word. We want to keep in contact with you. These changes will be posted to the weekly e-mails and will be in the Green Thumb.

Master Gardener Mission Statement

Our mission, as trained volunteers in partnership with the York County, Virginia Cooperative Extension Agent, is to provide horticultural educational opportunities to the public through research-based horticultural programs and activities to enhance our environment, lives and community.

www.ext.vt.edu

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer.

Notes from Jim

Thanks to all answering the phones in the office. This supports the office and gives the citizens an immediate response. I appreciate all that you do to help the office operate smoothly.

I will be conducting a monthly "Using Resources in the Office" training. This very popular program is designed to acquaint Master Gardeners with the resources that are in the Extension Office, to do research, study information, prepare for exhibits, and to respond to telephone questions. This morning session will acquaint the volunteers with the location of information and files, become familiar with phone procedures, learn how to use specific CD programs on the computer and other information that is in the Extension Office. It is a lot of information but once you have been exposed to the information, you will feel capable and comfortable when you spend time in the office. I am encouraging all Master Gardener Trainees to sign up for this class. It will help ease you into the office to see that the office is a wonderful resource. I can train 5 or 6 volunteers each time. So I have planned these two and I will catch the rest of you in January or February. You will find this to be very helpful. Training is scheduled for Thursday, November 6, and Wednesday, December 3, from 9:30 until 12 noon at the York County Extension Office.

Isabel has delayed the graduation of the 2003 Master Gardeners by one week. The class has had many schedule changes but the schedule is as posted on the website under the Master Gardener symbol located on the left part of the page. Please review to see if there are any classes that you would like to attend.

General Membership Meeting

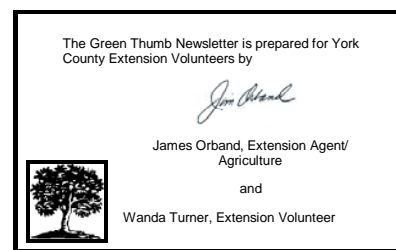
Next month's programming meeting has been rescheduled and will be held on Tuesday evening, November 18th in the Fellowship Hall at St Luke's. It will be combined with the General Membership Meeting. The meeting starts at 6:30 and will include a plant exchange. Please bring a snack to share, drinks will be provided. Meet & greet the new Master Gardener Interns!

Holiday Luncheon

Hear Ye! Hear Ye! Our Holiday Luncheon has been scheduled! Mark your calendar and plan to be there. This is a fun event that you won't want to miss. December 9th, 9:30am - 12:30, at St Luke's in the Fellowship Hall. Make a goodie to share, and if it's really good, bring the recipe with you. Everyone can always use one more scrumptious recipe. We have not confirmed the speaker for this event but will notify you in the December Green Thumb.

Preparations for Celebrate Yorktown

The Master Gardeners of York County decorate the exterior of the Dudley Diggs home for Celebrate Yorktown. The homes will be on display on December 6. Liz Tragle, coordinator for the decorations, will lead the Master Gardeners in the preparation of the materials. This preparation takes place on December 3 from 9:30 until 12 noon. The location is the Grace Church parish hall.



WOW - We did it Again! The Lawn Team Report

We survived another round of Lawn Clinics. Last year it was the drought; This year it was Isabel that played havoc with lots of lawns and disrupted 2 clinics along with the lives of many MG's and thousands more.

But let me start at the beginning -- when I agreed to be the Lawn Team coordinator for the second year hoping it would surely be easier this time. There were a few things I still wanted to try to do. Silly me.

Some scheduling conflicts got us off to a late start, but the selection of sites came together quickly because Terry Hanson offered her own lawn, Diane Dynan hornswaggled her neighbor, Evelyn Ann Pinckney volunteered the adjoining lawns of the son and daughter, and Diane Short suggested that Father Jim was a newcomer to lawn management.

Advanced training for the activated lawn team was held on June 24th at St. Joan of Arc Catholic Church - a very serviceable location both inside (kitchen and meeting area) and outside (a patio for brown-bagging and some turf with lots of interesting weeds). Sixteen MGs attended.

Our very own Agent Expert Jim created a great training session in spite the lack of up to date Lawn packets. (Jody was overwhelmed with 4-H Camp coming a whole month early, so we put that effort on hold.) We reviewed the available teaching aids (posters and props) and guidelines for presenting a good clinic as leader or helper. Then came the time to anti-up. Attending the training means an obligation to pay-it-forward as leaders and helpers at two or more scheduled clinics. Only a very little arm twisting and cajoling was required.

Jim introduced the pruning-practice concept to Lawn Team Training. Two practice clinics, hosted by Hank Scheele and Ricki Noble, were a great help to our newbies to review the materials in the onsite environment.

Jody worked miracles for me (AFTER July 4th) to get the Lawn Care document refurbished. I am very pleased with the color-coded version of that consolidated document. I took on the job of chief copier with quality collating and packet stuffing help from Sheryl Roberts and my sister and brother-in-law who were visiting.

I trusted my leaders implicitly. I trusted each of them to put on a great clinic and to ask for help when problems arose. I was not disappointed.

Thanks to Isabel (and my overly generous spirit) our lawn team presented 8 clinics this year.

Clinic	Date	Place	Leader	Registered	Attended	(HH)	Questionnaires
1 (R)	7/19	Grafton	Carl Ennis	33	24	(19)	14
2 (R)	7/26	Queens Lake	Joanne Roberts	7	6	(5)	3
3 (M)	8/23	Grafton (B)	Evelyn Parker	30	36	(31)	0
4 (M)	9/6	Dare	Larry Riddick	23	21	(19)	10
5 (M)	9/13	Marlbank	Karen Ward	33	27	(25)	1
6 (M)	9/20	Kiln Creek	Agnes Evans	7	4	(4)	3
7 (M)	9/27	Wmbg (B)	Evelyn Parker	13	6	(4)	4
6*(M)	10/11	Kiln Creek	Agnes Evans	7	5	(4)	0

* Rescheduled (B) Business location (R) Renovation Clinic (M) Maintenance Clinic

About the Questionnaires: At least ten responders took the time to compliment our presenters. 99% of our responders have Fescue lawns (only a few claimed Bermuda). A popular write-in for "OTHER" was "WEEDS".

High attendance at clinics 3 and 4 is testament to the success of distributing fliers in the neighborhoods. The other clinics only had the 2 neighborhood signs and newspaper blurbs to advertise them. Some comments are that our signs are so bland that no one notices them. (I'm looking for ideas to liven them up.)

Our collection of teaching posters has grown. Jim completed the PowerPoint version of the growth/lifecycle graph and printed it poster size; Evelyn Parker got it laminated (thank you).

Now about the Isabel lesson... On Wednesday before the storm, Jody, Jim and I made a contingency plan for holding the lawn clinic on the 20th. Unfortunately those plans assumed that telephones (and cell-phones) would be working (and even a little power to run answering/messaging devices). Karen Ward and family evacuated for their home in Poquoson - leaving me with all the necessary materials. So with the mindset (from my theatre days) "the show must go on", Hank and I gave a clinic to an intimate audience. The next foolish choice I made was to try to reschedule to accommodate the seven citizens who had originally registered for another clinic to be held in Kiln Creek October 11th. Many schedule conflicts brought us to a new site (thanks, Nimu Kapadia) and 2 new presenters (Harry H. and Jim R.) The clinic went well, but to another intimate audience. Soooooo... Agnes has a new rule -- Never pass up an opportunity to cancel a clinic and save herself a lot of grief!

2003 brought two other challenges to the Lawn Team. Ron Wade requested some special training for his staff at True Value. Since I was leaving for my 3-week adventure trip, Jim O. coordinated 4 half-hour training sessions - 4 Mondays in August. Thank you Carl Ennis, Hank Scheele, Tom Doggins, and Larry Riddick for rising to the occasion. This training was very well received (and giving Jim O. dangerous ideas of expansion). The second challenge turned into a road trip for Larry Riddick and Tom Doggins. They traveled to Middlesex County on September 9th to present Chapter 12. LAWNS for their Master Gardener Training and received high praise. There was a third special presentation in the works for Poquoson residents, but I'm afraid Isabel put the quietus on that one.

As my list of duties are winding down, I want to heartily thank all my capable leaders listed above and all these very helpful helpers: Margaret Cotton, Teri Cheslak, Claudette Davis, Tom Doggins, Walter Gant, Harry Haley, Abe Lauer, David Rhodes, Jim Robertson, and Hank Scheele.

Thank you, thank you, and thank you for your cooperative spirit, your preparation, and your effort.

May your over seeding be sproutful!

Agnes Evans, your friendly 2003 Lawn Team Coordinator

The following is an opportunity sent to us from Bonnie Appleton. For those 60 and over, if your taxable income is \$10,000 or less you can take the following courses for free. You still have to apply to the grad school (which is also free for 60 and over), and get instructor permission.

Masters of Science in Horticulture Hampton Roads Graduate Program



Held at: *Hampton Roads Agricultural Research and Extension Center (AREC)*
1444 Diamond Springs Road, Virginia Beach, VA 23455

Taught by: Hampton Roads AREC Resident Faculty and other university adjuncts

Spring Courses - 2004

- ❖ HORT 6004 Advanced Topics – Writing (for) Horticultural Publications (1 credit)
7 class meetings – one Thursday/month, November through May
REQUIRES INSTRUCTOR PERMISSION
Dr. Bonnie Appleton (363-3906; bapple@vt.edu)
- ❖ PPWS 5204 Plant Disease Management (3 credits)
Tuesday nights, January 20-May 11, 6:30-9:30PM
Dr. Chuan Hong (363-3908; chhong2@vt.edu)

Summer Courses – 2004

- ❖ HORT 6004 Advanced Topics – Diagnosing Plant Problems (1 credit)
Summer Session I - 3 days one week in June (dates not yet decided)
Drs. Schultz, Banko and Hong
PREREQUISITES: ENT 4254 and PPWS 5204 or equivalent
- ❖ HORT 6004 Advanced Topics – Urban Trees (1 credit)
Summer Session II – Tuesday, June 29 – August 3, 7-9:30
Dr. Bonnie Appleton (363-3906; bapple@vt.edu)

For further information on the Hampton Roads MS in Horticulture Graduate Program:

Dr. Bonnie Appleton, Graduate Coordinator (757-363-3906; bapple@vt.edu)
<http://filebox.vt.edu/vaes/HRAREC/mshort.html>

Flower Power

A native of Mexico, marigolds have been grown in gardens throughout the world for hundreds of years. Today, they are one of the most popular bedding plants. But they aren't just for the landscape anymore. Science has shown that the marigold has become quite valuable as an aid to help maintain healthy eyes, skin and arteries.

The marigold flower contains the valuable antioxidant compound called lutein (LOO-teen). The lutein, contained within the flower's petals, is extracted and purified through a patented process. It is then added to various foods and dietary supplements, from multivitamins to fruit and vegetable juices.

Lutein is a primary component of the macula, an area within the retina in the eye. This macular lutein helps to protect eyes from some of the damaging effects of the sun by filtering blue light. Healthy lutein levels also help counteract the gradual deterioration of the macula from aging. Such damage to the macula can result in the onset of AMD, or age-related macular degeneration, a leading cause of vision loss. Because the human body does not naturally manufacture lutein, people must rely on lutein-rich foods or lutein supplements to maintain optimal levels of lutein in the eye. Lutein may also play a role in reducing the risk of cataracts. But while healthy eyes have it, lutein is also found in the skin, brain, and blood serum. In cardiovascular health, lutein may be connected with the progression of atherosclerosis, the accumulation of fatty plaque inside artery walls, causing vessel walls to become thick and hardened. One study showed arterial wall thickening was 80 percent higher in those individuals with the lowest blood serum lutein levels versus those with the highest lutein levels.

So, keep in mind, the next time you're looking for a versatile plant, Marigolds are more than just a pretty face.

Roasted Pumpkin Seeds

(A timely piece of information)

Ingredients:

1 cup water, 1 1/2 teaspoons salt, pumpkin seeds, 2 teaspoons of olive oil for every 1 1/2 cups of seeds

Directions:

Clean the pumpkin seeds by placing them in a colander under running water. The water should be lukewarm, not hot. Dissolve salt in warm water at a ratio of 1 1/2 teaspoons of salt per cup of water. You will need enough of the salt water to cover the pumpkin seeds. Soak the seeds in salty water for about 8 hours and then drain them in a paper towel. Place seeds in a bowl and drizzle with olive oil. Toss until seeds are lightly coated. Spread the seeds evenly on a baking sheet and place in a preheated 300-degree oven. Roast the seeds for about 45 minutes, stirring frequently, until crisp and golden brown.

(From P. Allen Smith)

**Virginia Cooperative Extension
York County Office
100 County Drive
PO Box 532
Yorktown VA 23690-0532
(757) 890-4940 / Fax 890-4033
jorband@vt.edu**

We're on the Web!

www.yorkcounty.gov/vce

November 2003

S	M	T	W	T	F	S
				Review the new and improved website: www.yorkcountv.gov/vce York County Master Gardeners enter at the MG symbol on the left of the page.		1
2	3	4 7:00 pm Beautification Committee meeting 7:00 pm Jim Orband "Storm Damaged Landscape" Kingston Parish Hall, Matthews	5	6 9:30am-12n Office Resources Training Extension Office Registration is required	7	8 Household chemical collection at York County Operation Center FULL MOON
9	10	11 Veteran's Day Ext. Office Closed	12	13 7-9pm TAP Seminar Tree Hazards NBG Holly Room	14	15
16	17	18 6:30pm Programming/ General Membership Meeting at St. Luke's	19	20	21 12n-1:00pm HearSay Radio Show WHRV 89.5FM Class of 2003 MG Graduation	22
23 <hr/> 30	24	25 10am Hort. Therapy Seena 898-6553	26	27 Extension Office Closed Thanksgiving	28 Extension Office Closed	29